



Wethersfield Senior Center News

Wm. J. Pitkin Community Center
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Musical Entertainment!

On **Mon, June 6 at 1p** the Senior Center welcomes Mark Lanzieri and Dave. Mark is a singer with a remarkable voice that specializes in rat pack standards by Dean Martin, Tony Bennett and Frank Sinatra! And he is accompanied by a fantastic pianist, Dave. This is an extremely talented duo that you'll want to hear! There will be snacks and door prizes. The cost remains \$2 for Senior Center members and \$4 for non-members.



And you won't want to miss a SPECIAL show on **Mon, July 25 at 6pm**—The **Beatles** are coming to the Pitkin Center! OK, so it's not the Beatles, but it is the best Beatles tribute band in New England! They're called "Studio 2", they perform regularly throughout New England and we're very lucky they've agreed to come here for our Summer Celebration! This event is sponsored by the Senior Center, the Senior Citizen's and the People with Disabilities Advisory Committees. The Senior Center has been allotted 100 FREE tickets for Senior Center members. Seniors have until June 30 to see Lisa for their ticket. Any remaining tickets will be sold to the community! So get your tickets today and mark your calendar for our Summer Celebration!

Knowledge & Nibbles: Demystifying Dementia!

On **Wed, June 15 at 10:30a**, Kathleen Hallett, Director of the Memory Care Community at Atria Senior Living Greenridge Place will be here to talk to us about dementia. We'll learn about the various types of dementia, what signs and symptoms to watch for, hints about how best to deal with particular behaviors related to the disease and about the latest treatments. Call Lisa at 721-2979 **by Mon, 6/13** to register for this important program. A complimentary breakfast will be provided by Atria. This program is FREE!



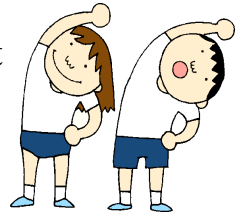
Lunch & Learn: Total Joint Replacements

On **Tue, June 28 at 12N**, Belair Manor will sponsor a talk at the Senior Center by board certified, orthopedic surgeon, Dr. Durgesh Nagarkatti. The doctor has 22 years experience in the field and is affiliated with Hartford Hospital and UConn. He specializes in treating hip and knee osteoarthritis, arthroscopic surgery and joint replacements, and performs shoulder surgeries and treats trauma patients. We are very lucky to have the doctor here to answer our questions about joint surgery. Call Lisa at 721-2979 **by Fri, 6/24** to register for this FREE program. A complementary lunch will be provided by Belair Manor.



Summer Sessions Begin This Month!

- **Chair Yoga**—classes begin Monday, June 6 at 11:30a & Thursday, June 23 at 2p. Join this chair exercise program appropriate for all fitness levels. You'll work your core, increase strength, flexibility and learn to relax! Cost \$16 each or \$30 for both Mon & Thur classes. This class is generously sponsored by the Keane Foundation!
- **Painting**—new session begins Tuesday, June 7 at 10a. Let artist, Faye Ahlberg cultivate your innate talent in this free-flowing class. Students use multiple mediums for self-expression! Cost \$16.
- **T'ai Chi Qigong**—new session begins Thursday, June 23 at 11a. Come learn ancient forms of T'ai Chi Chuan and the Chinese healing rituals of Qigong including mindfulness and meditation. Cost \$16.
- **Good Life Fitness**—A new session of Good Life Functional Fitness began in May, but it's not too late to join. The class meets every Monday & Wednesday at 1:45p and is taught by an exercise physiologist from the Hartford Healthcare System. Cost \$30.



Register for classes on-line at Wethersfeildct.gov or in person in Parks & Rec or with Lisa!

AARP Smart Driver Class

The AARP Smart Driver Class will be offered on **Mon, June 13 from 8:30a-12:30p**. This is a great opportunity to refresh your driving skills and reduce your car insurance premium! The class costs \$15 for AARP members and \$20 for non-members. Call Lisa at 860-721-2979 to register.



Upcoming Bus Trips!

Call Lisa at 721-2979 for information & registration for the following trips!

Sun, 6/26—Spamalot. You've seen this hilarious show advertised, now see it in person at the Stageloft Theatre in Sturbridge. We'll also enjoy lunch at the Salem Cross Inn. \$80pp.

Tue, 7/12—All You Can Eat Lobster & Show. Many of you asked for this trip, so join us for all-you-can-eat lobster at the Delaney House in Holyoke, MA. We'll also enjoy a musical performance by tenor Michael McGeehan who recently headlined in Atlantic City! Cost \$96pp.

Wed, 8/31—The Duprees Show. Come enjoy the ultimate do-op group. Their sound is unmistakable & their love songs will never die! And enjoy a delicious Aqua Turf luncheon. \$94pp.

Tue, 9/13-Thur, 9/15—Samson. Join us for our first overnight trip! We're going to see the show "Samson" at the Sight & Sound Theater in Lancaster, PA. Trip includes 2 nights in the Cork Factory Hotel in Lancaster, a guided Amish tour, and shop at Kitchen Kettle Village with its 42 shops & restaurants, and much more! Cost \$441pp double occupancy hotel for 2 nights, 2 breakfasts, 2 dinners, sightseeing & admissions. Only 20 seats available. \$150 deposit due 6/21.

Sun, 10/23—Log Cabin Oktoberfest. Enjoy the fall foliage on our trip to the Pioneer Valley, the German band, the Jolly Kopperschmidts & the unbeatable buffet at the Log Cabin! \$82pp.

Early December date to be announced. **Radio City Christmas Spectacular** with the Rockettes. Lunch on your own in NYC. \$122pp; \$60 deposit due 7/1.



Come Get Your Haircut!

On **Fri, June 24** the Senior Center will offer a new service! In cooperation with the International Institute of Cosmetology located on the Silas Deane Highway, talented stylists-in-training will provide haircuts for **ONLY \$3** right here at the Senior Center! Call Lisa at 721-2979 for an appointment. Men and women welcome. All stylist-students will be under the supervision of an instructor. If this program is a success, we'll be sure to offer future dates!



COMPUTER LEARNING CENTER

The computer learning center is here to empower you for the computer age! Register for classes on-line at Wethersfieldct.gov or in person with Lisa or the Parks & Rec staff.

- **Customize Your Settings in Windows 10**—Come learn how to customize your computer including changing the background photo, font size, volume and more! **Mon, 6/6, 12:30-2:30p**, Fee \$10.
- **Photos, Video & Music**—Come learn how to open, view, edit, print and save photos in the Windows 10 Photo app. Become acquainted with the movies and TV apps and listen to music using Windows Media Player. **T/Th, 6/7 & 6/9, 9:30a-12N**, Fee \$20.
- **iPhone for New Users I**— Smartphones are powerful and useful. Apple's iPhone is one of the easiest to learn to use. This workshop is for the new user of an iPhone 4, 5, or 6. Participants will learn about the home screen and how to make and receive calls. You'll also review "settings" and learn to customize your phone and connect to WiFi. Bring your fully charged iPhone to class. **Tue, 6/21, 1-3p**, Fee \$10.



One-to-One Assistance is available from our CLC volunteers. We can help you with new software or your high tech gadgets including iPads, iPhones & eReaders. Volunteers are available by appointment. Call Lisa at 860-721-2979 for an appointment.

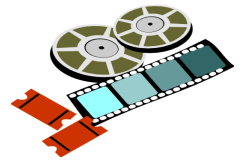
Monday Afternoon at the Movies!

Free movies continue on **Mondays at 1pm**. No registration is required. Movies are subject to change depending upon availability. Showing in June:

June 13 --Bridge of Spies starring Tom Hanks. At the height of the cold war in 1960, the downing of an American spy plane and the pilot's subsequent capture by the Soviets, draws Brooklyn attorney James Donovan into the middle of an intense effort to secure the aviator's release. PG-13, 142min.

June 20--The Martian starring Matt Damon. During a manned mission to Mars, American astronaut Mark Watney is presumed dead and left behind by his crew. But Watney is still alive, and he must now find a way to contact Earth and survive on a barren planet with meager supplies in the hope that an international team of scientists can devise a near-impossible rescue plan to bring him home! PG-13, 141min.

June 27—The Book Thief. This is the moving story of a girl who transforms the lives of those around her during WWII Germany. When her mother can no longer care for her, Liesel is adopted by a German couple. Although she arrives illiterate, Liesel is encouraged to learn to read by her adoptive father. When the couple takes in a Jew hiding from Hitler's army, Liesel befriends him. Ultimately, words and imagination provide the friends an escape from the events unfolding around them! PG-13, 131min.



On-Going Senior Center Activities



- ⇒ **Bingo** meets every Wednesday in the Banquet Room. Arrive 10:30-11:45a to get your cards! Bingo officers: Agnes Bolasevich-President; Carol Tedone-Vice President; Rose Hall-Secretary; Marie Cerbo-Treasurer.
- ⇒ **Duplicate Bridge** meets some Thursdays, 1:15pm, Room S4. Contact Everett Costa at 860-563-0400 for dates of play and more info.
- ⇒ **Golf League** plays in Goodwin Park during the summer and fall. Contact Jim McNamara at 860-563-4586 or Chris Guinan at 860-563-5761 for more information.
- ⇒ **Informal Card Group** holds weekly games each Tuesday at 1:15pm. Call if you're interested in starting a particular game!
- ⇒ **Mah Jongg** continues on Tuesdays & Thursdays at 10am. Looking for new players! Teacher available for beginners.
- ⇒ **Free Mini Manicures**—offered by Newington Health Care on **Wed, June 15**, 10a-12N. Manicures include filing, buffing & polishing. Call Lisa at 721-2979 for an appointment.
- ⇒ **Needlework Crafts** meets Mondays, 9:30-11:30a in Rm S2. The group knits & does needle crafts to sell at the bingo group's annual fundraiser. Contact Pam Silva at 860-721-6267 for more information.
- ⇒ **Red Onion Senior Quilters** —meetings are on the third Monday of each month. The next meeting is on **Mon, June 20** at 10a.
- ⇒ **The Rhythmairs Choral Group** practices on the 2nd & 4th Thursdays of each month at 1:30pm. The group sings at local nursing homes & assisted livings upon request.
- ⇒ **Setback**— Meets Fridays, 12N, in the Banquet Room. Join our friendly group! Everyone's welcome including singles & partners, beginners & experienced players. Come early at 11:30a for free coffee/tea and pastry. Contact Joe or Claire Mehan at 258-0662 for more info.
- ⇒ **Wii Bowling** meets on Tuesdays and Thursdays at 1pm.
- ⇒ **The Community Café** serves lunch Mon-Fri at 12N to persons 60 years or older and their spouses or caregivers. The suggested donation is \$2.50 for seniors and \$5 for caregivers. To reserve your lunch, call 860-721-2955 one day in advance between 10am and 12N.

Senior Center Health Programs

Free Blood Sugar Testing— **Fri, June 10** in the Banquet Room from 11a-12N. Apple Rehab of Rocky Hill provides this service on the 2nd Friday of each month.

Free Blood Pressures— **Wed, June 8** from 10:30-11:30a. Ellis Manor provides this service on the 2nd Wed of each month in the Banquet Rm. And on **Thur, June 23**, 12:30-1:30p outside the Senior Ctr office, Cedar Mountain Commons provides testing on the 4th Thur of each month.

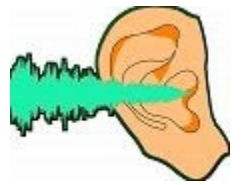
Foot Care Clinics—**Fri, June 3 & Wed, June 29**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 721-2979 for appt.

Free Hearing Screening—Free screenings & hearing aid cleanings provided by the Hearing Wellness Center on **Mon, June 20**. Call Lisa at 721-2979 for an appointment.

Wethersfield Stroke Club—A support group for stroke survivors & their families meets on the 2nd Tuesday of each month from 2-4p in the Fireside Room. Contact Joan Haines at 529-2281 for more information or go to www.strokesupport-ct.org.

Free Hearing Screening

On **Mon, June 20 at 10am**, Richard Mancini, BC-HIS from the Hearing Wellness Center in Rocky Hill, will provide free hearing screenings and hearing aide cleanings here at the Senior Center. An initial hearing screening can tell you if your hearing loss is a simple issue, like ear wax, or if your situation is more complicated and may require a hearing aid. Further testing and follow-up is done in the Rocky Hill office. Call Lisa at 860-721-2979 for an appointment.



Rent Rebate

The Renters Rebate program runs through October 1st. In order to qualify, renters must have been 65 as of 12/31/15 or over 18 and permanently & totally disabled. Income must fall below \$35,200 for a single person and \$42,900 for a couple. Applicants must provide proof of all income, rent and utility expenses for 2015. Forms 1099 from all sources of income are required. And you must provide a copy of your 2015 Federal income tax return if you filed. Those under 65 with a disability must provide a current statement from Social Security with proof of disability. This month, Wethersfield Social Service staff will visit **Executive Square on Tue, 6/7 & Tue, 6/21** from 9am-12N. Residents can also call 860-721-2977 for an appointment to apply.



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